

Abstract

The present invention provides a hand shield (10) adapted for use with a hockey stick. The hand shield includes a flexible shield portion (11) having a convex outer surface (12) and an opening configured to accommodate a portion of a hockey stick. The  
5 hand shield further comprises an interior grip portion extending away from the shield portion and configured so as to slidably embrace a hockey stick. In one aspect, the interior grip portion includes four generally parallel flexible tabs (15, 16, 17, 19) which align with the four sides of a rectangular hockey stick.